



RAW 2023 Youth Winter Football Camp

All of our programs are sanctioned by Football Alberta

What?

A comprehensive, age-specific football training program, providing athletes with a complete football training curriculum. Each session will consist of dynamic football training and age-specific fitness training. Football training will emphasize skill development and football fundamentals. Fitness training will thoroughly cover plyometrics, proper body movement skills, strength, speed, explosiveness, and agility training.

When?

January 2nd - March 9th, 2023
Mondays & Thursday – 5:15-7:15pm.

Where?

North- Vivo for Healthier Generations – 11950 Country Village Link NE, Calgary, Alberta T3K 6E3

South- 7475 Flint Rd SE, Calgary, AB T2H 1G3

Who?

Atoms (8-10), Peewees (10-12yo), & Bantams (13-14yo). Groups will operate separately.

Visit www.rawsports.ca for more information & registration.

RAW 2023 Spring Shells Camp (Powered by the Dinos)

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What?

Shells football is a progressive new form of training developed to help players gain the benefits of contact football training without the higher risks of injury. Equipment will include only uppers (helmet, and shoulder pads) and drills are designed to develop proper technique, explosiveness, and overall football skills without ever going full contact.

The usual camp routine will include individual position training, proper tackling and blocking training, one on ones, full pass skelly, along with numerous other drills to develop successful football players. All competitive periods will be filmed and practices will include film sessions which will help accelerate players development and teach players how to watch film. Camp will accommodate all positions, and experience levels.

When?

April 11th – June 17th, 2023 (Every Tuesday, Thursday, & Saturday).

Where?

McMahon Stadium - 1817 Crowchild Trail NW

Who?

Atoms (8-10), Peewees (10-12yo), & Bantams (13-14yo). Groups will operate separately.

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RAW 2023 One Week/Weekend Camps (Edmonton, Grande Prairie, Red Deer, Calgary, Lethbridge).

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What?

This is a fun and informative, skill development camp designed to help streamline athletes' growth and prepare them for their upcoming football seasons. Each day will consist of individual position specific training, o/d time, 1 on 1s (filmed period), o vs d (filmed period), speed & agility training, H.I.I.T. training, film study (watching the filmed periods), overall skill development (tackling, blocking, special teams, etc.), fun drills, and more!

This camp will include a combine on the first day to provide players with verified testing numbers. We will be using Zybek testing equipment for the combine, this is the same equipment used at the NFL combine.

When?

Each location has different dates (check our website).

Where?

Camps available in Edmonton, Grande Prairie, Red Deer, Calgary, and Lethbridge.

Who?

Atoms (8-10), Peewees (10-12yo), & Bantams (13-14yo).
Groups will operate separately.

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